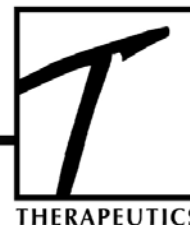




RECREATION DEPARTMENT

The Heart of the Neighborhood



NOVEMBER / DECEMBER

2008



Recreational Programming for
Individuals with Special Needs

FREE STYLE DANCE

Parkway Community Center
373 Park Way
Wednesdays,
Resumes in January
6:30 P.M. - 7:30 P.M.
Ages: 6—Adult



It's a fun way to exercise & learn new dance steps. Learn basic hip-hop steps & movements to your favorite songs in this 8-week class.

COST:

Members: \$22.00

Resident: \$27.00

Non-resident: \$33.00

BASKETBALL ONE on ONE

Parkway Community Center
373 Park Way
Tuesdays,
November 4 & 18, December 2 & 9
5:30 P.M. - 6:30 P.M.
Ages: 6—Adult

Free instruction in basketball basics. Participants will learn ball handling skills, dribbling, passing, shooting and team play.



FUTURES

Parkway Community Center
373 Park Way
Saturdays, November 1 & 8
Soccer Tournament: November 8
9:00 am - 11:00 am
Ages: 4-9 years

The "FUTURES" wheelchair sports program is geared for children who have permanent physical disabilities. Participants will learn basic ball handling skills, passing, improve wheelchair maneuvering and socialization.

A collaborative partnership with San Diego Adaptive Sports Foundation and the Therapeutics section. SOCCER is the sport for this session.

For more information call: (619) 336-1086



Cost: \$45.00 per Season

For more information call:
(619) 336-1086

INDOOR WHEELCHAIR BAKETBALL

Parkway Community Center
373 Park Way
Every Wednesday
6:30 pm— 8:30 pm
Ages: 18 & up

Join the San Diego Xpress Co-Ed Wheelchair basketball practices. It is a challenging sport for athletes with permanent physical disabilities. You must provide your own wheelchair for participation and all ability levels are needed to play. The team is registered under the Southern California Division III who competes with other teams.



Leisure Bowling

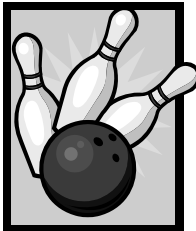
Brunswick Premier Lanes

845 Lazo Court

Sundays, November 2 – December 14

3:30 pm - 5:30 pm

Ages: 6–Adult



Join us for weekly Leisure bowling. It is designed for active children, teens, and adults with developmental and/or physical disabilities. Awards presented the last day of the session.

No bowling Thanksgiving weekend, November 30.

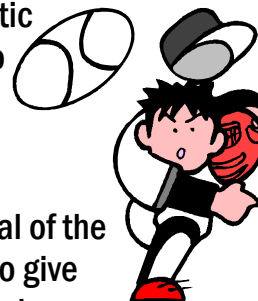
Members: \$24.00 registration + \$7.00 weekly bowling fees

Resident: \$28.00 registration + \$7.00 weekly bowling fees

Non-Resident: \$34.00 registration + \$7.00 weekly bowling fees

Little League Baseball Challenger Division

The Challenger Division of Little League Baseball is a program for mentally and physically disabled youth to enjoy the full benefits of Little League participation in an athletic environment structured to their abilities.



The most fundamental goal of the Challenger Division is to give everyone a chance to play regardless of limitations.

**Local Challenger Division contact:
Steve Hovland
(619) 977-2179**

Rockin' Reindeer Holiday Dance

Norman Park Center

270 'F' Street, Chula Vista

Saturday, December 13

7:00 pm - 9:00 pm

Join us for a night of fun, dancing, and refreshments. Prizes will be raffled throughout the evening!!

**COST: Members - Free
 Resident - \$6.00
 Non-resident - \$7.00**



What's Next?

**Mentoring Program
for Youth with
Physical Disabilities**

Mentoring Program brings together young people with physical disabilities and adults with similar disabilities who are living full, successful lives.

Mentoring increases positive outcomes for youth. Mentors open a youth's mind to the possibilities of his/her future.

For an application and more information contact :

**The Center for an Accessible Society
1504 30th Street, San Diego, CA 92102
whatsnext@accessiblesociety.org
voice/fax/TDD (619) 232-2727, x 111
www.whatsnextsd.org**

Therapeutics Membership

Membership is not required to attend recreation programs.

Optional yearly membership is accepted September 2008 through August 2009. Take advantage of the benefits:

Free dances, discounts on classes, and special events!

Member T-shirt and ID badge is included with registration.

Membership is accepted at our programs *or* by mail:

City of Chula Vista
Recreation Department
Attn. Therapeutics Section
270 F Street
Chula Vista, CA 91910

Make Checks payable to: City of Chula Vista

Therapeutics Membership

Member Name: _____

Address: _____

Phone #: _____

Adult T-Shirt Size: _____

_____ Resident \$44.00

_____ Non-Resident \$56.00

SPECIAL THANK YOU TO THE FOLLOWING:

Blackie's Trophies & Awards
Bree Kerns & Kim Hyland
263 3rd Ave.
Chula Vista, CA 91910

Ralph's Grocery
Steve Holden
659 East Palomar
Chula Vista, CA 91911

Costco
Ernesto Molina
1130 Broadway
Chula Vista, CA 91911

North Island Credit Union
Mrs. Susan Skillman
45 North Broadway
Chula Vista, CA 91910

Ralph's Grocery
Jasmine Rodriguez
780 Otay Lakes Rd.
Chula Vista, CA 91910

Costco
Veronica Mantanona
895 East H Street
Chula Vista, CA 91910

Koani Trading, LLC
US Treasury Bond Traders
Mr. Tim Burke
2940 Columbia Street
San Diego, CA 92103

Albertson's Grocery
Mike Martin
285 E. Orange Ave.
Chula Vista, CA 91911

Von's Grocery
Sean Carualo
505 Telegraph Canyon Rd.
Chula Vista, CA 91910

Von's Grocery
John Smith
620 Dennerly Rd.
San Diego, CA 92154

Von's Grocery
Kelly Sanchez
870 3rd Avenue
Chula Vista, CA 91911

Ralph's Grocery
Dennis Murphy
659 East Palomar St.
Chula Vista, CA 91911

Von's Grocery
Ken Harris
4404 Bonita Rd.
Bonita, CA 91902

Inclusion Philosophy

The City Of Chula Vista Recreation Department Therapeutics Section is committed to serving the needs of our community through Inclusive opportunities. We provide an atmosphere in which persons with and without special needs can interact, play and socialize with their peers in an all-inclusive, supportive environment. We have been providing Inclusion since 2002 and it is available for children, teens and adults in all citywide programming. The City Of Chula Vista Recreation Department is dedicated to ensuring all levels of employees are committed to Inclusion.



**CITY OF
CHULA VISTA**

**Recreation Department
Therapeutics Section
270 'F' Street
Chula Vista, CA 91910
www.chulavistaca.gov/rec
(619) 409-5800**